



Indiana Nutrition Newsletter

Keeping Schools “IN” the Know

Amy Reade is IDOE’s 2020 School Food Service Employee of the Year!

By Suzette Hartmann, School Nutrition Specialist

During a school board meeting this past October, Amy Reade received the Indiana Department of Education’s (IDOE) award for the 2020 School Food Service Employee of the Year. Reade is the Food Service Manager at Fall Creek Elementary School in Fishers, Indiana. Reade received a plaque from IDOE and a check for \$200 from the Indiana Nutrition Council.

Andria Ray, Director of Nutrition & Food Services for Hamilton Southeastern Schools, nominated Reade for the award. Ray stated, “One of Amy’s many strengths is the way she empowers and guides her staff to a high performance standard. She teaches them the importance of teamwork and leads by example.”

Reade provides outstanding customer service, implements new ideas, promotes nutrition education, and exhibits a high standard of teamwork. Andrea Ray shared some of the ways Amy Reade provided excellent service to students, staff, and parents last school year.

B
R
I
G
H
T

I
D
E
A
S

INSIDE THIS ISSUE

School Food Service Employee of the Year	1
Continued Story	2
Award Nominees	2
National School Breakfast Week.....	3
Director’s Corner	3
Health/Wellness Resources.....	4

- Reade initiated a Fall Creek Elementary Cooking Club. A week long cooking club gave students the opportunity to cook in the school kitchen. Students were able to take home their food items to show their parents what they learned. Fourth grade students ended their Cooking Club week by cooking a dinner and serving the meal to their parents at school.
- A Veggie of the Month was selected and included on the veggie bar in the cafeteria each month. Reade visited classrooms to teach students about nutrition and the new veggie of the month.
- Special theme days were held in the cafeteria. On Picnic Day, movies were played and students sat on the floor for a picnic. Students also enjoyed Crayons to Lunch Day and Game Day. On Music Day, students got to show off their dance moves while enjoying pizza.
- Reade expanded the catering operation by offering lunch to the central office staff.

Andrea Ray stated, "Amy Reade has developed a great relationship with students, teachers, administrators and parents through her communication and compassion. Amy makes lunch time at Fall Creek Elementary the best event of the day, everyday!"

***Congratulations to all of the following individuals
nominated for IDOE's
2020 School Food Service Employee of the Year!***

Thomasa Butler

Kokomo School Corporation

Amber Cook

Noble Crossing Elementary School
Noblesville Schools

Sherri Costello

Heritage Elementary School
and Heritage JR/SR High School
East Allen County Schools

Jodie Edgell

Eel River Elementary School
Northwest Allen County Schools

Meriem Elmessoussi

Snacks Crossing Elementary School
MSD of Pike Township

Colleen Halter

Pendleton Elementary School
South Madison Community Schools

Shelly Mayes

Southwick Elementary School
East Allen County Schools

Janet McMichel

Pike High School
MSD of Pike Township

Adelita Narvarre

Guion Creek Middle School
MSD of Pike Township

Christina Patterson

Liberty Early Elementary School
MSD of Decatur Township

Karen Smith

Carroll Middle School
Northwest Allen County Schools

Cindy Thompson

Maple Creek Middle School
Northwest Allen County Schools

Jill Trahin

Arcola Elementary School
Northwest Allen County Schools



Mark your calendar for National School Breakfast Week - March 8 - 12, 2021! This year the theme is "Score Big with School Breakfast," a fun way to show students, parents, and stakeholders all the ways that your school breakfast program is a winner!

The School Nutrition Association (SNA) has posted various resources on their [NSBW webpage](#), including a NSBW Toolkit with ideas on how to engage students. Marketing and public relations resources include a

NSBW infographic and Instagram meme. SNA members may request the artwork and logos for NSBW by clicking [here](#) and completing a short online form.

The NSBW Toolkit includes lots of quotes from famous sports stars, coaches, and authors that you can include on your breakfast promotion materials!

"It doesn't matter what your background is and where you come from. If you have dreams and goals, that's all that matters."

- Serena Williams, tennis champion

"I've failed over and over and over again in my life. And that is why I succeed."

- Michael Jordan, basketball star

Director's Corner - *By Julie Sutton*

First and foremost, Thank You!! We appreciate and admire your dedication to providing meals to your students despite what 2020 has thrown at you!! At this time last year, the CDC was putting out guidance for schools on drive-through meal pickup and using buses for meal delivery. It took several months for USDA to weigh in on this guidance, but I remember thinking we wouldn't need to go to these extreme measures. Boy was I wrong! I hope 2021 will bring some relief.

On a positive note we added Tasie Guenther to our CACFP team. As a Registered Dietitian with food service experience, we are excited for what Tasie will bring to our team.

We are also moving back to the government center when we return to working in the office. We will send out our new address as soon as we are ready to receive mail there. In the meantime, email works best to find us wherever we are.

Happy New Year!

Do you have a New Year's resolution to practice a healthy lifestyle?



The January 2021 issue of *School*

Nutrition, the annual personal development issue, offers information on how to take care of yourself in the new year. Read the digital issue of *SN Magazine* by clicking [here](#). The School Nutrition Association has recently promoted their [Strive to Thrive Steps Challenge](#) to help you stay active. Below are a few more resources just in case you would like more information and tips on health and wellness!

- Ohio State University Extension has a webpage about mindfulness and health that includes fact sheets about eating healthy during stressful times, breathing, and mindful eating. Check it out at <https://lucas.osu.edu/mindfulness>.
- You can listen to the three minute USDA weekly radio feature on [Don't Doom to Failure your New Year's Resolution to Exercise](#).
- You can listen to the three minute USDA weekly radio feature on [Bad Exercise & Sleeping Habits Can Sneak up on us during the Pandemic](#).
- USDA and HHS recently released the [Dietary Guidelines for Americans, 2020-2025](#). This ninth edition encourages everyone to “make every bite count with the *Dietary Guidelines*!”
- The new [MyPlate](#) website includes resources to help you meet the new Dietary Guidelines, and yes - there is an app for that! This website offers a *Start Simple with MyPlate* app for your smart phone that will help you meet healthy eating goals.
- Did you know that eating patterns in the United States have remained far below *Dietary Guideline* recommendations? The [average American diet](#) scores a 59 out of 100. To learn more, you can listen to the five minute USDA weekly radio feature called [New Edition of Dietary Guidelines for Americans is Released](#).

We hope you enjoy this newsletter and the new design!

If you have a “BRITE IDEA” or a food service success story you would like us to share in a future issue of this newsletter, please send us your idea by clicking [here](#).

Thank you.

This is a publication of the Indiana Department of Education
Office of School and Community Nutrition



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
2. fax: (202) 690-7442; or
3. email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Indiana Department of Education Non-Discrimination Statement

It is the policy of the Indiana Department of Education not to discriminate on the basis of race, color, religion, sex, national origin, age, or disability, in its programs, activities, including access to the Boy Scouts and other designated youth groups, or employment policies as required by the Indiana Civil Rights Laws (I.C. 22-9-1), Title VI and VII (Civil Rights Act of 1964), the Equal Pay Act of 1973, Title IX (Educational Amendments), Section 504 (Rehabilitation Act of 1973), and the Americans with Disabilities Act (42 USCS § 12101, et. seq.).

Inquiries regarding compliance by the Indiana Department of Education with Title IX and other civil rights laws may be directed to the Title IX Coordinator, Indiana Department of Education, 115 West Washington Street, Sixth Floor – Suite 600, Indianapolis, IN 46204, legal@doe.in.gov or by telephone to (317) 232-6676 or the Director of the Office for Civil Rights, U.S. Department of Education, 111 North Canal Street, Suite 1053, Chicago, IL, 60606-7204 (312) 886-8434. For further information on notice of non-discrimination, visit <http://wdcrobcolp01.ed.gov/CFAPPS/OCR/contactus.cfm>.